



IMMUNIZATION AND CHILDREN: Protect Your Little One From Childhood Diseases



The California Children and Families Commission wants to ensure that all children up to 5 years of age get a healthy start in life. And to ensure a healthy childhood, it is important that children begin their series of immunization shots starting at the age of two months. The series of immunizations continues through the preteen years, just before children enter the seventh grade.

Children under the age of five are especially vulnerable to diseases. Their young immune systems have not yet built up the necessary defenses to fight off infections. Immunization shots have been helping children stay healthy for more than 50 years by providing immunity to dangerous diseases like measles, polio and meningitis. These vaccinations are also called baby shots or boosters and are given by injection, although some are given by dropper into the child's mouth.

"Our recent data shows that African American babies are less likely than infants in other ethnic groups to receive vaccinations," said Dr. Mary Tran, acting chief of the immunization branch of the California Department of Health Services. "We strongly encourage African American parents and caregivers to talk to a doctor or nurse they trust about the importance of getting their little ones fully immunized. Parents should not wait to immunize their child."

Childhood diseases are dangerous and failure to immunize your child can result in serious consequences to his or her overall health and well-being. In addition, the state of California requires proof of immunization before a parent or caregiver can enroll a child in day-care or elementary school. You should take your child to your doctor or visit your local clinic to get all of their required shots to prevent the following life-threatening ailments:

- Poliomyelitis (Polio)
- Pertussis (Whooping Cough)
- Mumps
- Hepatitis B
- Hib meningitis
- Tetanus (lockjaw)
- Rubella
- Chicken pox
- Diphtheria
- Measles

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IMMUNIZATION TIPS

Getting vaccinated can be an upsetting event for a child. When your child is receiving these important shots, you can provide comfort during the visit to the doctor by following these suggested tips:

- Staying calm yourself.
- Talking to your child in a soothing voice or singing to them.
- Holding your child gently.
- Bringing a familiar, comforting object along, such as a toy.
- Allowing your child to cry. Crying is a normal way of coping.

In addition, make sure to always bring your child's immunization record with you for updating after each doctor's visit. *It's All About The Kids* has provided a convenient Childhood Immunization Checklist on Page 2 of this issue. 📄

For more information call the **California Children and Families Commission** at **800 KIDS-025** or visit our website at **www.cffc.ca.gov**



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"The standard childhood immunizations protect against more diseases and are safer than ever, thanks to the development of newer

IMMUNIZATION CHECKLIST

At 2 months your child should get:

- ☐ Polio (#1)
- ☐ Hepatitis B (#1) - Some infants get their first shot at birth
- ☐ DTaP (#1) - Diphtheria, tetanus and pertussis
- ☐ Hib Meningitis (#1).

At 4 months your child should get:

- ☐ Polio (#2)
- ☐ Hepatitis B (#2)
- ☐ DTaP (#2)
- ☐ Hib Meningitis.

At 6 months your child should get:

- ☐ Hepatitis B (#3)
- ☐ DTaP (#3)
- ☐ Hib Meningitis.

At 12 months your child should get:

- ☐ Polio (#3)
- ☐ MMR (#1) - Measles, mumps and rubella
- ☐ Chicken pox
- ☐ Hib Meningitis.

At 15 months your child should get:

- ☐ DTaP (#4).

School Boosters Before Kindergarten Entry:

- ☐ Polio (#4)
- ☐ DTaP (#5)
- ☐ MMR (#2).

Preteens Before 7th Grade:

- ☐ Hepatitis B (#1, #2, #3, unless given earlier)
- ☐ MMR (#2, unless given earlier)
- ☐ Td (first adult Td booster)
- ☐ Chicken pox (unless child had the disease or the shot).

Teenagers: Immunizations listed for preteens unless they have already received them. 🖐

Source: State of California, Health & Welfare Agency and Department of Health Services Immunization Branch.

and improved vaccines," said Dr. Tran. "Among other diseases, vaccines protect against measles, mumps and chicken pox, diseases that still strike California's children every year."

"A child's parent or caregiver must take an active role in making sure their child is vaccinated," said Zola Jones, executive director of Great Beginnings For Black Babies, part of the state's Black Infant Health Program. "The child's health is something that parents and caregivers must take responsibility for," said Jones. "One of the most important things they can do is to have an updated record of their child's immunizations. And that record should be



kept in a safe place so that they have access to it each and every time their child receives his or her shots."

An accurate vaccination record not only keeps your child on schedule with their shots, but is also helpful if the family moves to a new area or changes doctors, according to Jones.

It's All About The Kids has also provided a helpful Childhood Immunization Checklist in this issue so that parents and caregivers can know when their child should receive these important vaccinations. For additional information on immunization, contact the California Children & Families Commission at 800-KIDS-025. The Commission can provide you with free information on immunizations and a chart with an immunization schedule. 🖐

HOME AWAY FROM HOME: Selecting Child Care for Your Little One



Selecting the right person to care for your child takes patience, time and research. Because your child may spend much of his or her day under a provider's care, it is important that the provider is not only trustworthy, but also someone who can encourage, support, comfort and teach your child while you are away.

There are many types of child care providers, from child care centers to in-home care. When looking for a caregiver, the California Children and Families Commission recommends parents or caregivers determine the following information:

- What is the provider's previous experience and history with child care?

- How long has the provider been at his/her current location and why did he/she leave previous jobs?
- How does the child care provider interact with the children while in his/her care?
- Is the provider warm and caring with your child?
- What types of activities are scheduled for the children?

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- Is the environment comfortable for both the children and the providers, with age appropriate and safe equipment and materials?
- Are there small groups of children with each provider and does the provider kneel or sit at the children's level?
- How does the provider handle emergencies?
- What is the provider's approach to discipline?
- Are references available and supportive of the child care center?

"Parents should always make an initial visit to the child care center or home where the children are being taken care of because this is where they'll be leaving their precious chil-

dren for several hours each week," said Yvonne Youngblood, program coordinator for the Black Infant Health Program, an Oakland-based organization involved in home visitation and case management for pregnant and parenting African American women.

"By visiting the facility or home, the parent has the opportunity to ask questions, interact with the staff and make sure that the environment is one in which their child will thrive."

Your local child care resource and referral agency can help you ask questions that will guide you to quality, affordable care in a variety of settings. Don't be afraid to interview providers and observe them as they interact with your child. To locate a resource and referral agency in your

area, please call the California Child Resource and Referral Network at (800) 543-7793.

Once you have found a good provider, develop a partnership with him or her in your child's development. Have regular meetings with the provider to get updates on your child's activities and progress. You should also share relevant information about your home life. This will give your provider a greater understanding of what's happening in your child's life.

"It is important for parents and caregivers to take an active role with their child care facility," said Youngblood. "Children benefit from a parent's active involvement in their development and it reinforces for the child that there's someone who cares about him or her." 🖐️

CCFC AT LOS ANGELES BLACK BUSINESS EXPO & TRADE SHOW

Trecia Angus (standing, left) of Long Beach and her two-year old daughter, Ashia Souder pay a visit to the California Children & Families Commission/Prop. 10 booth at the Los Angeles Black Business Expo & Trade Show.



Commission outreach worker La Vada White, (seated, right), provided early childhood development and anti-smoking information to Expo attendees.

The Commission took part in the three-day event in partnership with community-based organizations including Nu Parent, Crystal Stairs and Great Beginnings For Black Babies. 🖐️

A DREAM FOR MY CHILD

It's All About The Kids invites you to participate in our **A Dream For My Child** newsletter feature. If you are the parent or caregiver of a child up to five years of age, please tell us in 50 words or less what your dream is for your child's future. All entries must include your name, the name and birth date of your child, your address and phone number and a photo of your child. Photos will be returned.

If your entry is selected, ***It's All About The Kids*** will publish your essay and child's photo in an upcoming issue! Please send all entries to:

It's All About The Kids
c/o A Dream For My Child
P.O. Box 481296
Los Angeles, California 90048



Please don't smoke
in my world.

California Children & Families Commission

Funded by Prop.10

Please Don't Smoke In My World billboard is part of the CCFC's ongoing public education to let parents and caregivers know what they can do to ensure the overall health and well-being of their children. Children born to parents who smoke have a greater chance of having low birth weight, asthma, allergies, colds and other infections. For more information call **800-KIDS-025**.

